

# Cooking for Kids

## Recipe Sizing Report

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Nov 15, 2021

000348 - Beef LoMein CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 3/4 CUP	Meat/Alt: 1.5 oz Grains: 1 oz Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 902995 SPAGHETTI, WHOLE GRAIN, DRY.....	22 3/8 cups 2 lbs + 8 ozs	1. Cook spaghetti according to package directions.
011109 CABBAGE,RAW..... 011821 PEPPERS,SWT,RED,RAW..... 011282 ONIONS,RAW..... 799939 GARLIC,RAW..... 011216 GINGER ROOT,RAW.....	2 CUPS 2 1/3 cups + 1 TBSP 9 1/8 TBSP 1 Tbsp + 1 3/4 tsp 1 Tbsp + 1 3/4 tsp	2. Shred cabbage, slice peppers, small dice onions, mince garlic and ginger.
050385 OIL, VEGETABLE..... 051506 Beef, Crumbles w/SPP, Cooked, Frozen...	1 1/8 tsp 2 lbs + 10 3/8 ozs	3. In a large braising pan or pot on medium heat on stove top, add oil, onions, garlic, and ginger. Sauté until slightly brown. Add cabbage and peppers and continue to cook for 2 minutes. Add beef and continue to cook for another 5 minutes.
902936 Sambal Oelek Chili Sauce..... 006189 SAUCE,TERIYAKI,RTS,RED NA.....	1 1/4 tsp 3 Tbsp + 5/8 tsp	4. Add chili sauce and teriyaki sauce, mix well. Gently stir in cooked noodles and heat until internal temperature reaches 165° F. Hold hot for service.

\*Nutrients are based upon 1 Portion Size (3/4 CUP)

Calories	271 kcal	Cholesterol	*33* mg	Sugars	*1.3* g	Calcium	46.12 mg	22.99%	Calories from Total Fat
Total Fat	6.93 g	Sodium	220 mg	Protein	16.14 g	Iron	2.62 mg	*10.52%*	Calories from Saturated Fat
Saturated Fat	*3.17* g	Carbohydrates	39.46 g	Vitamin A	482.0 IU	Water <sup>1</sup>	*237.35* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	6.54 g	Vitamin C	21.5 mg	Ash <sup>1</sup>	*0.54* g	58.20%	Calories from Carbohydrates
								23.81%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.